

Army Weight Control Program

DCS, G-1 (Command Policies and Programs Division)

**The Army Weight Control Program
(27 Nov 06)**

Unit Training

The Army Weight Control Program: Responsibilities



- **Commanders and supervisors will:**
 - Implement the Army Weight Control Program (AWCP) in accordance with the provisions of AR 600-9, The Army Weight Control Program
 - Ensure the continued evaluation of all Soldiers against the body fat (BF) standards
 - Maintain data as listed in slides 5 and 6 for Soldiers who enrolled in the AWCP.
 - Encourage Soldiers to establish a personal weight goal to meet screening weight for height and BF standards
- **Designated unit fitness trainer or training NCOs will:**
 - Prescribe proper exercise and fitness techniques to assist Soldiers in determining, achieving, and maintaining an appropriate personal weight goal
 - Assist commanders and supervisors in developing proactive programs that clearly establish physical fitness as a unit value

The Army Weight Control Program: Summary of Changes (27 Nov 06)



- Revised height and weight table, increasing maximum allowable weight for females (Table 3-1)
- Revised circumference measurement site for females are the neck, abdomen, and hip
- Incorporated DOD standards of measurement to the nearest 0.5 inch (changed from 0.25 inch)
- New instructions to round up to the nearest 0.5 inch *when measuring the neck* for both genders
- New instructions to round down to the nearest 0.5 inch *when measuring the abdomen* for both genders
- New instructions to round down to the nearest 0.5 inch *when measuring the hips* for females

The Army Weight Control Program: Summary of Changes (27 Nov 06) (cont'd)



- New DA Forms 5500 and 5501, Body Fat Content Worksheets (Male and Female)
- Annual statistical data reporting requirements for physical fitness, body fat and health promotion
- One year requirement for new accessions to meet body fat standards
- Guidance on reporting body fat percentage in whole numbers
- New percent body fat estimation tables for males and females
- Revised illustrations of circumference sites for male and female tape measurements

The Army Weight Control Program: Statistical Reporting Requirements



- Found in paragraph 2-14f
- Commanders must establish an interim process to collect and maintain required data (see slide 6) for submission in an annual report
- Reporting period is 1 January to 31 December
- Current systems will continue to be used for reporting the statistical data until the Defense Integrated Military Human Resources System (DIMHRS) is fielded
- There is no intent for commanders and supervisors to build other systems to meet this need in the short term

The Army Weight Control Program: Statistical Reporting Requirements (cont'd)



- The report will contain statistical data on physical fitness testing and body fat standards by gender, age, and rank/grade, as follows:
 - # of personnel tested for physical fitness and body fat
 - # of personnel who failed the physical fitness test
 - # of personnel in special physical fitness (population programs) training
 - # of personnel who failed the body fat standards
 - # of personnel placed on the AWCP
 - # of personnel who successfully completed special physical fitness (population programs) training
 - # of personnel who successfully completed the AWCP

The Army Weight Control Program: WT for HT Table (Screening Table WT)



Table 3-1
Weight for height table (screening table weight)

Height (in inches)	Minimum weight (in pounds)*	Male weight in pounds, by age				Female weight in pounds, by age			
		17-20	21-27	28-39	40+	17-20	21-27	28-39	40+
58	91	—	—	—	—	119	121	122	124
59	94	—	—	—	—	124	125	126	128
60	97	132	136	139	141	128	129	131	133
61	100	136	140	144	146	132	134	135	137
62	104	141	144	148	150	136	138	140	142
63	107	145	149	153	155	141	143	144	146
64	110	150	154	158	160	145	147	149	151
65	114	155	159	163	165	150	152	154	156
66	117	160	163	168	170	155	156	158	161
67	121	165	169	174	176	159	161	163	166
68	125	170	174	179	181	164	166	168	171
69	128	175	179	184	186	169	171	173	176
70	132	180	185	189	192	174	176	178	181
71	136	185	189	194	197	179	181	183	186
72	140	190	195	200	203	184	186	188	191
73	144	195	200	205	208	189	191	194	197
74	148	201	206	211	214	194	197	199	202
75	152	206	212	217	220	200	202	204	208
76	156	212	217	223	226	205	207	210	213
77	160	218	223	229	232	210	213	215	219
78	164	223	229	235	238	216	218	221	225
79	168	229	235	241	244	221	224	227	230
80	173	234	240	247	250	227	230	233	236

Notes:

* Male and female Soldiers who fall below the minimum weights shown in table 3-1 will be referred for immediate medical evaluation.

¹ Height will be measured in stocking feet (without shoes), standing on a flat surface with the chin parallel to the floor. The body will be straight but not rigid, similar to the position of attention. The measurement will be rounded to the nearest inch with the following guidelines: If the height fraction is less than 1/2 inch, round down to the nearest whole number in inches; if the height fraction is 1/2 inch or greater, round up to the next highest whole number in inches.

² Weight will be measured and recorded to the nearest pound within the following guidelines: If the weight fraction is less than 1/2 pound, round down to the nearest pound; if the weight fraction is 1/2 pound or greater, round up to the next highest pound.

³ All measurements will be in a standard PT uniform (gym shorts and T-shirt, without shoes).

⁴ If the circumstances preclude weighing Soldiers during the APFT, they will be weighed within 30 days of the APFT.

⁵ Add 6 pounds per inch for males over 80 inches and 5 pounds for females for each inch over 80 inches.

The Army Weight Control Program: New Accessions



- Soldiers not meeting body fat standards after 1 year from date of entry into the Active Army will be entered in the AWCP and flagged under the provisions of AR 600-8-2 by the unit commander
- Enrollment in a weight control program starts on the day that the Soldier is informed by the unit commander or supervisor that he/she has been entered in a weight control program
- The weight reduction counseling can be accomplished prior to or shortly after entry into an AWCP

The Army Weight Control Program: Taping Procedures



- Follow instructions in Appendix B
- Follow rounding guidelines found on Slides 10, 11, & 12
- All measurements will be taken 3 times and recorded to the nearest $\frac{1}{2}$ inch
- Each sequential measurement will be within $\frac{1}{2}$ inch of the next or previous measurement
- If the measurements are within $\frac{1}{2}$ inch of each other, derive a mathematical average to the nearest $\frac{1}{2}$ inch and round up or down based on the instruction for that step
- If the measurements differ by more than $\frac{1}{2}$ inch, continue measurements until you obtain 3 measures within $\frac{1}{2}$ inch of each other, then average the 3 closest measures rounding the average up or down based on the instructions in step 1, 2, or 3

The Army Weight Control Program: Taping Procedures (cont'd)



- **Abdominal Measurement:** Measure the Soldier's abdominal circumference to the nearest $\frac{1}{2}$ inch and **round down** to the nearest $\frac{1}{2}$ inch
- **NOTE:** Rounding down applies to each individual measurement *AND* the average measurement

Example: 32.75 rounds to 32.50

Example: 32.25 rounds to 32.00

Example: 32.50 stays the same

The Army Weight Control Program: Taping Procedures (cont'd)



- **Neck Measurement:** Measure the Soldier's neck circumference to the nearest $\frac{1}{2}$ inch and **round up** to the nearest $\frac{1}{2}$ inch
- **NOTE:** Rounding down applies to each individual measurement *AND* the average measurement

Example: 16.75 rounds to 17.00

Example: 16.25 rounds to 16.50

Example: 16.50 stays the same

The Army Weight Control Program: Taping Procedures (cont'd)



- **Hip Measurement (females only):** Measure the female Soldier's hip circumference at the point where the gluteus muscles (buttocks) protrude backward the most. **Round down** to the nearest $\frac{1}{2}$ inch
- **NOTE:** Rounding down applies to each individual measurement *AND* the average measurement

Example: 40.75 rounds to 40.50

Example: 40.25 rounds to 40.00

Example: 40.50 stays the same

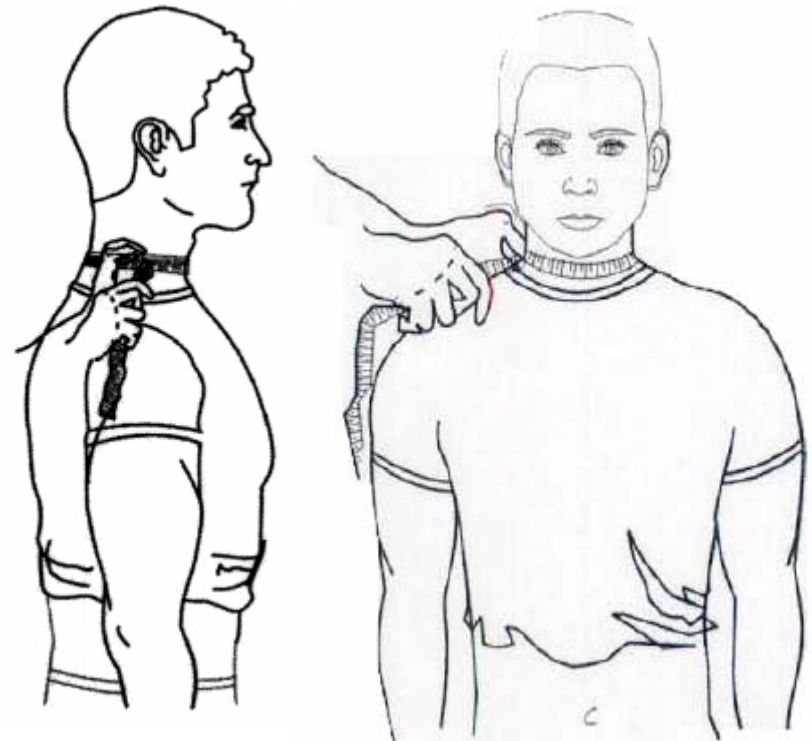
The Army Weight Control Program: Taping Procedures (cont'd)



Revised Circumference Measurement Sites for Males

Neck Circumference. Measure the neck circumference at a point just below the larynx (Adam's apple) and perpendicular to the long axis of the neck. Do not place the tape measure over the Adam's apple. Soldier will look straight ahead during measurement, with shoulders down (not hunched). The tape will be as close to horizontal as anatomically feasible (the tape line in the front of the neck will be at the same height as the tape line in the back of the neck). Care will be taken so as not to involve the shoulder/neck muscles (trapezius) in the measurement.

Round neck measurement up to the nearest 1/2 inch and record (for example, round 16 1/4 to 16 1/2).



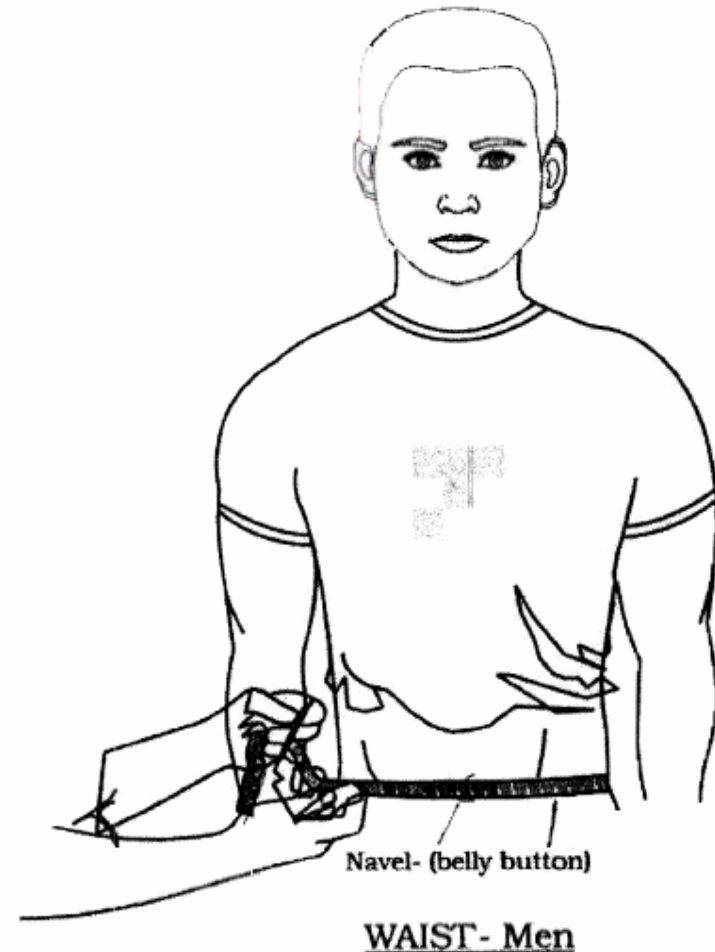
The Army Weight Control Program: Taping Procedures (cont'd)



Revised Circumference Measurement Sites for Males

Abdominal Circumference. Measure abdominal circumference against the skin at the navel (belly button), level and parallel to the floor. Arms are at the sides. Record the measurement at the end of the Soldier's normal, relaxed exhalation.

Round abdominal measurement **down to the nearest $\frac{1}{2}$ inch and record (for example, round $34 \frac{3}{4}$ to $34 \frac{1}{2}$).**



The Army Weight Control Program: Taping Procedures (cont'd)



M	TAB	TAB	TAB	TAB	TAB
BODY FAT CONTENT WORKSHEET (Male) For use of this form, see AR 600-9; the proponent agency is DCS, G-1.					
NAME (Last, First, Middle Initial) Doe, John W.		SSN 555-55-5555		RANK PFC	
HEIGHT (to nearest 0.50 inch) 69.0		WEIGHT (to nearest pound) 187		AGE 18	
STEP		FIRST	SECOND	THIRD	AVERAGE (to nearest 0.50 in.)
1. Measure abdomen at the level of the navel (belly button.) Round down to the nearest 0.50 inch. (Repeat 3 times.)		38.50	39.00	39.00	38.50
2. Measure neck just below level of larynx (Adam's apple.) Round up to the nearest 0.50 inch. (Repeat 3 times.)		16.50	17.00	16.50	17.00
3. Enter the average abdominal circumference.					38.50
4. Enter the average neck circumference.					17.00
5. Enter circumference value (step 3 - step 4).					21.50
6. Find the height in Table 3-1 (Height Factor). Enter height in inches.					69.00
7. Find the Soldier's circumference value (step 5) and height (step 6) in figure B-5 (Percent Fat Estimation for Men). Enter the percent body fat value that intercepts with the circumference value and height. This is Soldier's Percent Body Fat.					23%
REMARKS					

Averages should be **manually** rounded up or down as noted for each measurement IF NOT already to the nearest 0.50 inch.
(See slides 9, 10, and 11)

Enter the average abdomen measurement in block 3.

Enter the average neck circumference in block 4.

Step 3 – Step 4 = Circumference Value (38.50-17.00 = 21.50)

Enter Height in inches in block 6.

See next slide to find the Soldier's percent body fat.

CHECK ONE <input type="checkbox"/> Individual is in compliance with Army Standards; <input checked="" type="checkbox"/> Recommended monthly weight loss is 3-8 lbs.					
PREPARED BY (Signature) John W Smith		RANK SFC	DATE (YYYYMMDD) 20061026	APPROVED BY SUPERVISOR (Printed Name and Signature) Sally M Jones	
		RANK 1SG	DATE (YYYYMMDD) 20061026		

DA FORM 5500, AUG 2006

Previous Editions are Obsolete.

APD v1.00

Form available in
form flow at Army
Publishing
Directorate website
<http://www.army.mil/usapa/eforms/pur/eEdge/A5500.XFDL>
(select FF2)

The Army Weight Control Program: Taping Procedures (cont'd)



Percent Fat Estimates for Males

Find the height
at the top of the
Chart. **(69.0)**

Enter the body
Fat (BF) value that
intercepts with the
circumference
value **(21.5)** and
height. This is the
Soldiers Body Fat
Percentage.

Soldiers Body
Fat Percentage
23%

Circumference Value*	Height (in)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
13.5										
14.0										
14.5	10	9	9							
15.0	11	11	10	10	10	10	10	9	9	
15.5	12	12	12	11	11	11	11	11	10	10
16.0	13	13	13	13	12	12	12	12	12	11
16.5	14	14	14	14	14	13	13	13	13	12
17.0	16	15	15	15	15	14	14	14	14	14
17.5	17	16	16	16	16	16	15	15	15	15
18.0	18	18	17	17	17	17	16	16	16	16
18.5	19	19	18	18	18	18	17	17	17	17
19.0	20	20	19	19	19	19	18	18	18	18
19.5	21	21	20	20	20	20	19	19	19	19
20.0	22	21	21	21	21	21	20	20	20	20
20.5	23	22	22	22	22	21	21	21	21	21
21.0	24	23	23	23	23	22	22	22	22	21
21.5	24	24	24	24	23	23	23	23	23	22
22.0	25	25	25	25	24	24	24	24	23	23
22.5	26	26	26	25	25	25	25	24	24	24
23.0	27	27	26	26	26	26	26	25	25	25
23.5	28	27	27	27	27	27	26	26	26	26

The Army Weight Control Program: Taping Procedures (cont'd)



Revised Circumference Measurement Sites for Females

Neck Circumference. Measure the neck circumference at a point just below the larynx (Adam's apple) and perpendicular to the long axis of the neck. Do not place the tape measure over the Adam's apple. Soldier will look straight ahead during measurement, with shoulders down (not hunched). The tape will be as close to horizontal as anatomically feasible (the tape line in the front of the neck will be at the same height as the tape line in the back of the neck). Care will be taken so as not to involve the shoulder/neck muscles (trapezius) in the measurement.

Round neck measurement up to the nearest 1/2 inch and record (for example, round 16 1/4 inches to 16 1/2 inches).



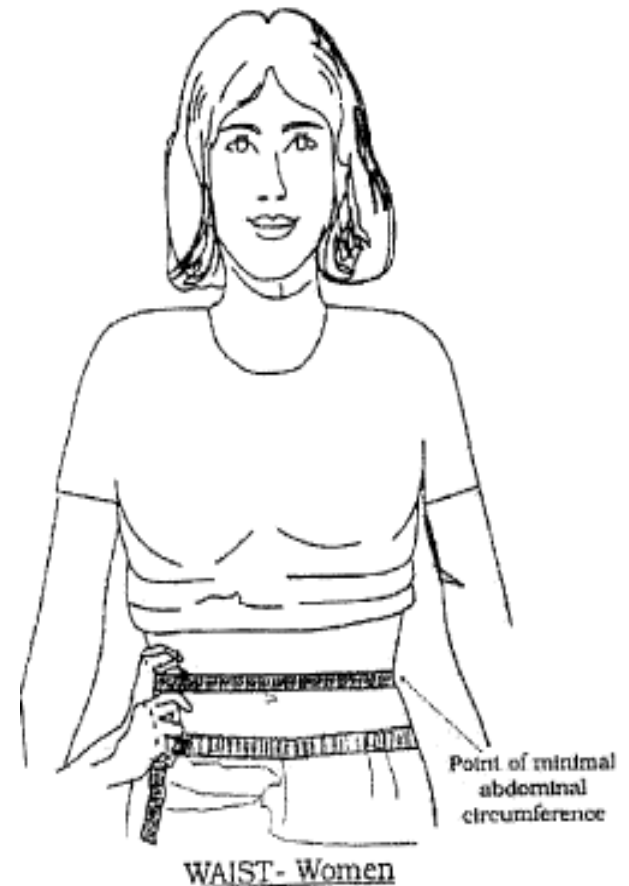
NECK-Women

The Army Weight Control Program: Taping Procedures (cont'd)



Revised Circumference Measurement Sites for Females

Waist Circumference (abdomen). Measure the natural waist circumference, against the skin, at the point of minimal abdominal circumference. The waist circumference is taken at the narrowest point of the abdomen, usually about halfway between the navel and the end of the sternum (breast bone). When this site is not easily observed, take several measurements at probable sites and record the smallest value. The Soldier's arms must be at the sides. Take measurements at the end of Soldier's normal relaxed exhalation. Tape measurements of the waist will be made directly against the skin. **Round the natural waist measurement down to the nearest 1/2 inch and record (for example, round 28 5/8 inches to 28 1/2 inches).**

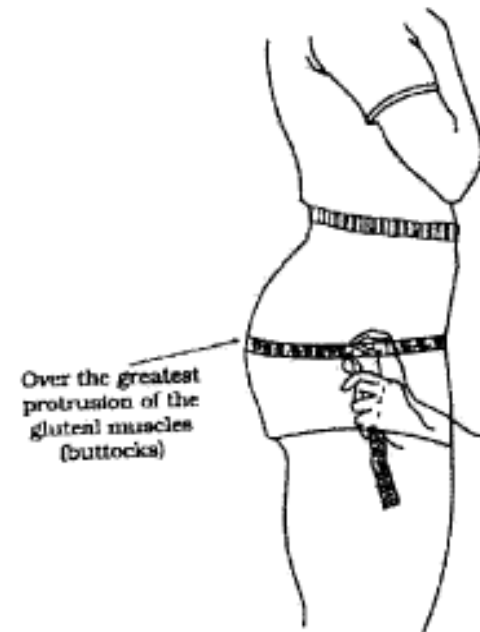


The Army Weight Control Program: Taping Procedures (cont'd)



Revised Circumference Measurement Sites for Females

Hip Circumference. The Soldier taking the measurement will view the person being measured from the side. Place the tape around the hips so that it passes over the greatest protrusion of the gluteal muscles (buttocks) keeping the tape in a horizontal plane (parallel to the floor). Check front to back and side to side to be sure the tape is level to the floor on all sides before the measurements are recorded. Because the Soldier will be wearing gym shorts, the tape can be drawn snugly to minimize the influence of the shorts on the size of the measurement. **Round the hip measurement down to the nearest 1/2 inch and record (for example, round 44 3/8 inches to 44 inches).**



HIP-(women)
side measurement

The Army Weight Control Program: Taping Procedures (cont'd)



Form available
in form flow at
Army
Publishing
Directorate
website
<http://www.army.mil/usapa/efor.ms/pureEdge/A5501.XFDL>
(select FF2)

M					TAB		TAB		TAB		TAB	
BODY FAT CONTENT WORKSHEET (Female) For use of this form, see AR 600-9; the proponent agency is DCS, G-1.												
NAME (Last, First, Middle Initial) Doe, Jane W.				SSN 444-44-4444				RANK SGT		NOTE: ¼" = .25 ½" = .50 ¾" = .75		
HEIGHT (to nearest 0.50 inch) 66.0				WEIGHT (to nearest pound) 174				AGE 27				
STEP				FIRST		SECOND		THIRD		AVERAGE (to nearest 0.50 in.)		
1. Measure neck just below level of larynx (Adam's apple) up to nearest 0.50 inch. Repeat three times, then average.				14.50		14.50		14.00		14.50		
2. Measure waist (abdomen) at the point of minimal abdominal circumference. Round down to nearest .50 inch. Repeat three times, then average.				33.00		32.50		32.50		32.50		
3. Measure hips at point where the gluteus muscles (buttocks) protrude backward the most. Round down to nearest 0.50 inch. Repeat three times, then average.				44.50		44.50		44.50		44.50		
4. CALCULATIONS										REMARKS 4A + 4B = 4C (32.50 + 44.50 = 77.00) 4C - 4D = 4E (77.00 - 14.50 = 62.50) See next slide to find the Soldier's percent body fat.		
A. Enter average waist circumference				32.50								
B. Enter average hip circumference				44.50								
C. TOTAL (4A + 4B)						77.00						
D. Enter average neck circumference				14.50								
E. Enter circumference value (4C - 4D)						62.50						
F. Find the height in Table 3-1 (Height Factor). Enter height in inches.				66.00								
G. Find the Soldier's circumference value (line 4E) and height (line 4F) in Figure B-6 (Percent Fat Estimation for Women). Enter the body fat value that intercepts with the circumference value and height. This is the Soldier's Percent Body Fat.						37%						
CHECK ONE Individual is in compliance with Army standards; <input checked="" type="checkbox"/> is not in compliance with the standards. <input checked="" type="checkbox"/> Recommended monthly weight loss is 3-8 lbs.												
PREPARED BY (Signature) John W Doe SFC 20060926				RANK SFC		DATE (YYYYMMDD) 20060926		APPROVED BY SUPERVISOR (Printed Name and Signature) Susan B Anthony 1SG 20060926		RANK 1SG		
DATE (YYYYMMDD) 20060926												

Averages should be **manually** rounded up or down as noted for each measurement IF NOT already to the nearest 0.50 inch. (See slides 9, 10, 11 and 12)

The Army Weight Control Program: Taping Procedures (cont'd)



Percent Fat Estimates for Females

Find Height
at the top
of chart
(**66.0**)

Enter the body fat value
That intercepts with the
circumference value
(**62.5**) and height. This
is the Soldiers body fat
percentage

Soldiers Body
Fat Percentage
37%

Circumference Value*	Height (in)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
62.5	39	39	38	38	38	37	37	37	36	36
63.0	40	39	39	39	38	38	38	37	37	37
63.5	40	40	39	39	39	38	38	38	37	37
64.0	41	40	40	40	39	39	39	38	38	38
64.5	41	41	41	40	40	40	39	39	39	38
65.0	42	41	41	41	40	40	40	39	39	39
65.5	42	42	42	41	41	41	40	40	40	39
66.0	43	42	42	42	41	41	41	41	40	40
66.5	43	43	43	42	42	42	41	41	41	40
67.0	44	44	43	43	43	42	42	42	41	41
67.5	44	44	44	43	43	43	42	42	42	41
68.0	45	45	44	44	44	43	43	43	42	42
68.5	45	45	45	44	44	44	43	43	43	43
69.0	46	46	45	45	45	44	44	44	43	43
69.5	46	46	46	45	45	45	44	44	44	44
70.0	47	47	46	46	46	45	45	45	44	44
70.5			47	46	46	46	46	45	45	45
71.0				47	47	46	46	46	45	45
71.5						47	47	46	46	46

The Army Weight Control Program: Point of Contact



Headquarters Department of the Army
Deputy Chief of Staff, G-1
DAPE-HRI
300 Army Pentagon
Washington, DC 20310-0300

[Army Weight Control Program Webpage](#)

Special acknowledgement to SFC Craig Dyer, NCOIC, Directorate of Health Promotion and Wellness, US Army Center for Health Promotion and Preventive Medicine, for developing draft presentation and the United States Army Research Institute of Environmental Medicine.